

ABSTRACT

As an ink for ink jet, containing at least a water-soluble dye having an anionic dissociable group, water and a water-soluble organic solvent, an ink including a cationic polymer capable of forming an ion pair with the anionic dissociable group is used. The cationic polymer is a water-soluble polymer, and at least one of cations is preferably derived from a nitrogen atom, and it is preferable to mix the cationic polymer and the water-soluble dye having the anionic dissociable group in advance in water and to prepare an ink after eliminating the resulting salt.